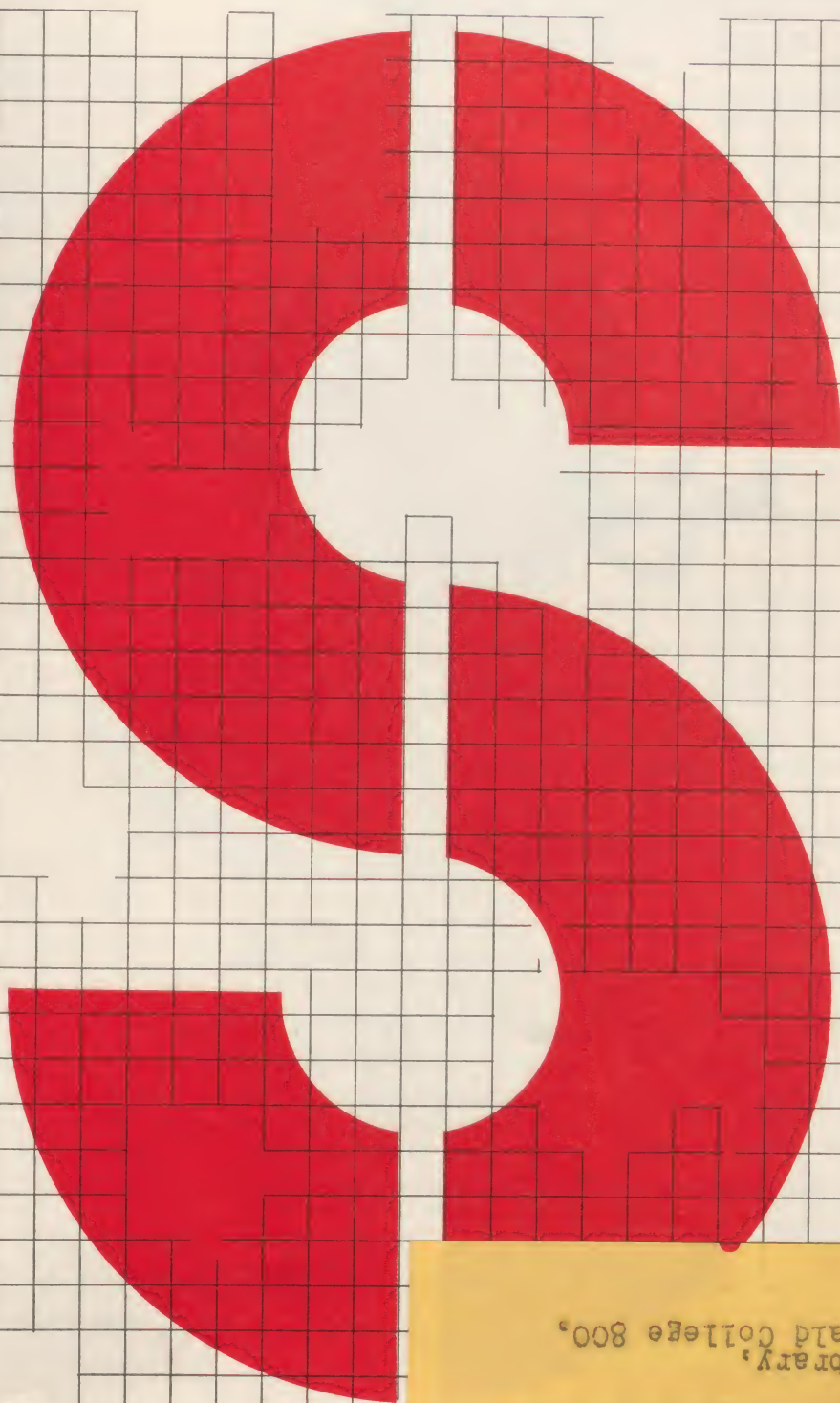


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THE MACDONALD LASSIE

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Journal Jotting

It's contagious. That's about the
best word I can use to describe
Galen Driver's enthusiasm about
the manpower retraining program
which he tells us about in this
month's issue of the Journal. When
I walked into his office to discuss
the article with him I fully expected
a five-minute session. One hour
and a quarter later I left his office
with a tremendous feeling of
confidence in and optimism for
Quebec's farming community.

A drive through the country or
a glance at any government's long
term view of Canadian agriculture
makes you realize that more and
more farms are being abandoned or
about to be abandoned. It
inevitably raises the question: is
the family farm soon going to be
nothing but a memory; a thing of
nostalgia like the horse and buggy
and the one-room school house.

Theoretically, the family farm
should be an ideal way of life for
the entire family. Freedom and inde-
pendence for the man of the house,
a sense of partnership and equality
for his wife and for their children
the list of benefits is endless.
Unfortunately, life for the "10-
cow-farmer" of today is far from
ideal. But rather than give up and
sell out there just may be another
path he can take. That path leads
back to school — to find out if he's
getting the most from his soil, his
cattle, his bookkeeping. Then, too,
there's the farmer who has no
intention of selling out, isn't
forced to but with a little bit of
"learning" can do an even better
job of making his farm a more
viable unit. And, there is the
farmer who just isn't going to
make it, should sell out and move
to town. And who teaches him
and helps him make the right
decisions. Another farmer who

can talk his language and under-
stands his particular problems.
And who teaches the teachers?
Qualified men selected from the
Faculty of Agriculture or from
agri-business. And who stirs up this
enthusiasm? Well many men are
responsible but I'd say that the spark
in Galen's voice must have fired
up a great deal of it.

I hope their venture continues to
pay off, for while one abandoned
farmstead is picturesque, a whole
row of them is an ugly blot on the
landscape.

Hazel M. Clarke.

A Scrambled Marketing Situation

What started out as a move to improve the market situation for Quebec's egg producers has turned into a national issue over the role of marketing boards in interprovincial trade. The story of FEDCO's action to control prices and protect the egg market by being responsible for all eggs sold in Quebec regardless of point of origin reads like an Arthur Hailey novel of intrigue in high place. It all started when the Quebec Federation of Egg Producers was given authority by the province to control the marketing of eggs in Quebec. This included the setting of prices, packaging, grading and licensing. The increase in egg prices to Quebec consumers combined with howls from other provinces such as Ontario and Manitoba who sent thousands of cases of eggs to Quebec each week brought some finger shaking and thoughts of "Watch out or we'll get you in retaliation." The Quebec Food Council, one of several petitioners against the Egg Board, tested the legality of the Board's action in the Quebec Superior Court. There Justice Antonio Lamer ruled that the intent of the marketing board act was not to hinder interprovincial trade. The case is now going to the Quebec Court of Appeals and if no change in decision is granted there, the case will end up in the Supreme Court of Canada. With rumours that the same kind of marketing action may come with poultry meat, pork and other food products, the urgency of turning this action into a positive national effort is obvious.

The FEDCO action has been said to lead to the Balkanization of

Canada as far as interprovincial marketing of farm products is concerned. On the one hand, such marketing plans could lead to a more efficient, business-like agriculture. On the other hand, it could lead to the end of a progressive, dynamic agricultural industry. Already, Canada is a net importer of food — this situation could go to the extreme whereby most of our food is imported from the United States. Sounds almost ridiculous for a country with the amount of land and the kind of climate that Canada has.

In my opinion, it seems that FEDCO is pointing the gun at the Federal government in hopes that some action will be taken to establish national leadership in marketing boards. And, if the Federal cabinet is doing its job, then it should be very concerned with the action of FEDCO in Quebec and the comparable action of marketing boards in other provinces. Maybe that is the reason behind the urgency of holding the second Agricultural Congress next month in Ottawa. Quebec delegates will be there, along with representatives of marketing interests in all aspects of food production. Maybe some sort of interprovincial entente could be reached at that time — certainly the opportunity for discussion will never be better — nor has a situation ever warranted such urgent discussions before in the history of Canadian agriculture. The real decisions then with respect to the orderly marketing of farm products in Canada has really been booted from the provincial league into the national arena of concern. Hopefully, farm leaders will come up with a realistic solution before the end of 1970.

As a consumer, I can't help but feel hostile towards FEDCO on the one hand while realizing, on the other, that this is the first marketing board to really do what farmers want — to achieve higher prices. Eggs in Montreal cost me from 13 to 20 cents more than they would if I bought them in Toronto or even 40 miles away in Cornwall. Since the eggs are now dated, I was appalled to realize it was 10 days from the time the eggs went into the carton until I purchased them. At least now I know. Before FEDCO, there was no indication of the date that the eggs were packed. At a local farmers market, the only eggs available came in a FEDCO carton. When I asked one egg producer about his reactions to the marketing board, he replied that while prices were better, he felt the smaller volume producers would be forced out of business.

So just like the Quebec Food Council, the Meat Packers Council, the Consumers Association and supposedly the Federal Government, I'm in a quandary over this business of marketing boards. As a consumer I'm sorely tempted to suggest that we all go back to growing our own food — and right now I'd start with a couple of dozen laying hens! Then, if the present trend persists, a few pigs and cows. We could swing the pendulum backwards to food production in the early 1900s and let the marketing boards go their own merry way. But realistically and in the interest of farmers, this cannot be the solution. But a realistic solution must be found that would be of mutual benefit to both the producer of food and the consumer.

Mark W. Waldron

MCGILL'S FINANCIAL CRISIS HITS MACDONALD CAMPUS

A committee appointed by former Principal H. Locke Robertson to review McGill's financial situation has submitted its report to the new Principal, Dr. R. E. Bell. It sets the University new goals of efficiency in order to preserve and promote academic excellence.

When the 1970-71 Government grant to McGill was announced last May, it fell several million dollars short of the University's reasonable expectation. Dr. Robertson had warned over many years that continued lack of adequate Government support would deplete the University's resources, both financial and academic, to the point of exhaustion. When it emerged that the 1970-71 grant would, instead of correcting that situation, create a further very large deficit on the University's operating budget, Dr. Robertson appointed the Vice-Principals Academic, Administration, and Professional Affairs, and the Directors of Finance, of University Planning and of Planning Research, to constitute a summertime task-force, to review the University's total financial situation, and to make recommendations for the 1971-72 budget.

Dr. Bell said the Task Force had now reported that the deficit on last year's operations was more than \$2 million, that in view of the size of the Government grant this year's deficit would be nearly \$6 million, and that rising costs and depleted income would, given the present pattern of operations, increase the annual deficit to a probable \$8 million in 1971-72, and at least \$10 million in 1972-73. Losses of this magnitude, the Task Force pointed out, would speedily cripple the University, particularly

since 85 percent of its endowment is restricted by the donors to special uses, such as student bursaries or the support of research, and therefore cannot be used to meet operating deficits. Also, the University was by Government policy not in a position to raise student fees even if that had been desirable, and it was unrealistic to hope that sufficient additional financial support for current operations could be raised from graduates and friends, invaluable as that source of income would continue to be. The only recourse left, the Task Force had reported, was a truly significant reduction in expenditure.

No area of the University's activity was omitted from the Task Force review. Among the possibilities placed before Dr. Bell and discussed by him with the Deans at a special meeting were many which starkly indicated the seriousness of the University's financial situation. The Task Force has recommended that plans for further student residences should be abandoned; at least one of the present residences (now owing to changes in student populations only partially filled) should be converted to academic use, and a number of uneconomic auxiliary buildings closed; the University Museums should be shut down; the University should save \$200,000 each year by suspending Inter-Collegiate Sports — Intramural sports would be encouraged; other Administration and Non-academic budgets should be cut by over \$1 million, for a total in this area of \$2.1 million, while the Academic budgets (by far the largest item in the University's accounts) should be reduced by \$1.4 million. **The most controversial proposal in the report is**

one to bring the Faculty of Agriculture to the Montreal campus, for an estimated annual saving of well over \$1 million.

"The fields and research facilities at Ste. Anne de Bellevue would remain," said Dr. Bell, "but the proposal is that the Faculty should be in part redistributed among existing parallel departments on the McGill campus in order to avoid costly reduplication of programs, and in part should continue as a more specialized Faculty of Agriculture and Environmental Sciences, housed in one of the buildings on the Montreal campus. The Task Force believes that there could be considerable academic gains as well as substantial financial savings in this consolidation of the University's teaching and research program. The Task Force viewed the regrouping of the University's operations on the one campus, and the freeing of the Macdonald campus for other educational purposes as McGill's contribution to the reshaping of English language higher education in Québec, in which we believe all the present institutions should cooperate.

"The period of reconstruction," Dr. Bell acknowledged, "will inevitably bring to an end some cherished traditions, but we can emerge a more efficient, and a more effective university and maintain in the new patterns as fine a reputation in matters academic as McGill ever attained in the old.

"The institution which is inflexible is dead," said the new Principal, "the institution which can recognize the time of change and adapt to it, is the institution which is alive, and in all its 150 years of history McGill was never so alive as she is today."

COMMENT

The following is a combination of questions asked by Steve Casselman at the actual press conference at McGill University and excerpts from his contribution to C.B.C.'s "Radio Noon" the next day.

Casselman: After 65 years of service to rural Quebec, Macdonald College, McGill's agricultural school will close its doors. Its students and faculty will be moved to the McGill campus providing the Senate and Board of Governors pass the proposals presented by a Task Force. Here's how Principal Robert Bell explained it.

Dr. Bell: The proposed move of the Faculty of Agriculture from Macdonald College to the main campus is the most emotionally loaded one; it is the most striking one to most of the staff. It does involve retaining most of the land area of Macdonald College and retaining some kind of experimental station out there for research work and so forth.

Casselman: This proposal by the Task Force is an effort to curtail some of the University's expenditures. McGill has reported a \$2 million deficit for last year. This year the deficit is expected to approach \$6 million and next year \$8 million. By moving the Faculty of Agriculture to McGill proper, the university expects to save a million dollars a year. Dr. Oliver, one of the Vice-Principals, explains when this move will take place.

Dr. Oliver: The proposal of the task force is that for the 1971-72 budget year, the savings which will result from the move will be realized. That would imply, then, that before the academic year begins a large part of the move would be made.

Casselman: Dr. Oliver commented on the possibility of moving another faculty to the Macdonald Campus.

Dr. Bell: This was given very serious consideration. We have thought of all sorts of possibilities of moving other elements of McGill to the Macdonald Campus. The feeling of the Task Force, however, was that the kind of student enrolment projections which are available to us now indicate that there will be space on the central Montreal Campus for operations which are presently housed here and in the future the student numbers that we expect to enrol in the various departments, school faculties that are here as well as being able to accommodate the Faculty of Agriculture if it were to move.

Casselman: In the principal's opening remarks he mentioned retaining most of the Ste. Anne de Bellevue property. I asked him if he was proposing to sell part of it.

Dr. Bell: When I said retain, I meant retain in operation. Most of the land area is in fields, in the arboretum and so on and only a relatively small amount of the land area is in the College Campus proper. The disposition of the College Campus really hasn't been discussed with anybody but it could be made available for other educational uses and could in this way be part of McGill's contribution to the general picture of post-secondary education in Quebec.

Casselman: In other words, the possibility of selling the land to house an English speaking Junior College. Dr. Bell also explained the Task Force proposals for the post graduate students, those studying for their masters and Ph.D. degrees.

Dr. Bell: There are something like 200 post graduate students at Macdonald College and many of them are carrying out research of

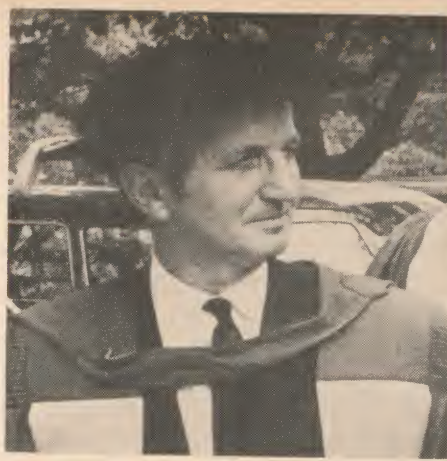
the lab kind, indoor kind, and so it's not true that they would all remain at Macdonald College. It's not true even that the ones who are doing field work would remain there all of the time. I think it's true that this has not been surveyed in detail.

Casselman: With both the undergraduates and post-graduates being moved to McGill this prompted me to ask what plans the University had for the land and buildings. Dr. Frost, another Vice-Principal, explained.

Dr. Frost: The proposal of the Task Force is that we should put up an agricultural research building out at Macdonald and that the work in the fields and on the farm would continue. The heavy expenditure which is incurred at the moment is in maintaining a separate college operation out at Ste. Anne de Bellevue for a Faculty which at the moment numbers about 700 and for which there is no indication that there will be a major enrolment over the next decade. And, therefore, it seems better to bring the academic operation — the college operation — into McGill but still to use the fields and the farm, the arboretum for the agricultural research which we have always conducted.

Casselman: There has been talk in the past about moving the Faculty of Agriculture downtown and every time it came up there was some opposition to it from the Faculty and I was wondering how they are taking to this proposal.

Dr. Bell: I don't think we can answer that yet because we've only brought this out into the open today in effect. I'm sure that many people are going to be opposed



to this, many are going to be saddened by it. The nature of a new organization downtown to be called something like Agricultural and Environmental Science would be somewhat different from the present Faculty of Agriculture. It might be a better Faculty than the Faculty of Agriculture but there is a tremendous amount of loyalty at Macdonald College, a tremendous amount of dedication to Macdonald College and we cannot expect everyone to take to this idea happily. I think that's quite true.

Casselman: Will the move mean that people might have to commute to do their academic work down here and research and so on out there?

Dr. Bell: I expect that if it happens it would mean that some of them would have to do that. Yes.

Casselcan: What is the total cost of operating agricultural education at McGill?

Mr. McColl: The total cost of operating all the facilities including the academic program at the time is in excess of \$3 million and it's a partial saving of that \$3 million if we transfer from Macdonald Campus.

Casselman: You are talking about saving, if I read this correctly, \$1 million out of about three point something.

Mr. McColl: Yes, because we don't propose to inhibit the Faculty of Agriculture or to make it any less viable than it is now. What we are doing is saving on the maintenance of the buildings out at Macdonald itself and this is a large element in the cost of operating the Macdonald operations.

Casselman: I believe you people are interested in reducing the expenditures but at the same time there has been a family that has supported Macdonald College extremely well... the Stewart family. Is there any fear that you might lose the loyalty of the Stewart family?

Dr. Bell: That fear has not made itself felt. I don't think anybody can foretell the future with complete assurance but the Stewart bequests and the original foundation of Macdonald were for the support of agriculture, education and domestic science. Education has already moved away from Macdonald College. This did not cause any alienation that I know of in the loyalty of the Stewarts to McGill and we hope that the Macdonald foundation of endowment will continue to serve education, agriculture and so on whether at Macdonald College or not.

Casselman: But so far there have been no talks between the two.

Dr. Bell: That's correct.

Mr. Shaw: I think it might be significant to say in this respect that the original grant by Sir William Macdonald did not insist that the money be spent at Ste. Anne de Bellevue. There is nothing in that grant to prevent our changing the situation with the changing times which speaks well for the foresight of Sir William.

Casselman: Now on another point you are changing this to, I believe you said, Agriculture and Environmental Sciences here at McGill. This is a proposed name change

and at the same time agriculture students will be filtered among the science students that there are here. Is this right or wrong?

Dr. Bell: I think it's to some extent right and to some extent wrong. The proposal for the title change to Agriculture and Environmental Science is a proposal that came from a committee working at the Faculty of Agriculture itself and it is, therefore, a proposal of the Faculty of Agriculture. I don't think it's necessarily true that this is the name that will finally turn up at McGill if this move is made. But we made the suggestion that the name might change, namely to underline that some change in character of the Faculty and broadening of interests — of more interdisciplinary interests — is likely and is to be desired. We're not really proposing that name as a firm name at the moment.

Casselman: Will Dr. Dion be put aside or will he remain Principal of this proposed faculty?

Dr. Bell: I would hope that he would remain.

Casselman: The big question in both faculty and student's minds is whether this is a step to disintegrate the Faculty of Agriculture. Undergraduate students will be shunted into the department in McGill which offers courses that the student is interested in. In other words an agricultural chemist will become part of the Chemistry Department, a horticulturist will become part of the botany department, etc., etc., etc. It seems that a move toward a complete breakdown of Agriculture is inevitable.

Last night, four hours after the student body had learned of their plight, they met. Many spoke against the proposed move, few were in favour. Some spoke of applying to the University of Guelph next year where a relatively small campus exists. In the end, students agreed to prepare a brief to be submitted to Senate. More important will be the proposals of faculty.

Many rumors have been spread. Quite a few of the academic staff are not interested in the move downtown. They feel this will disrupt their research and teaching plans. Some are willing to make the

change although this may mean moving their entire families to other locations.

There is even a more far-reaching idea being sifted through the minds of many professors. And that is to move the entire faculty to another University. To retain the Faculty of Agriculture in an environment suitable to research and academic learning. This many feel might be the answer for the College to continue to serve the basic industry.

Everything really stems on the decision of one man who has been at the helm for the past 15 years. Dr. George Dion can either move into McGill, **against his will, I**

might add, . . . he can try to move the Faculty elsewhere or he may resign.

Whatever he chooses to do, it seems evident that a good percentage of the academic staff will follow his wishes.

Resignation by Dr. Dion will show distaste in the move, and it's believed that many faculty members might look for positions in other Universities. As of this morning Dr. Dion has not publically stated what his pleasure will be. One thing he did tell me is that this has been a tragedy to Agriculture.

Steve Casselman,
C.B.C. Agriculture and Resources.

COMMENT

The proposal to close Macdonald College and transfer the Faculty of Agriculture to the main McGill Campus on Sherbrooke Street in the heart of Montreal was first advanced in 1968 by a senior official of the Quebec Ministry of Education. His recommendation was refuted by a University study committee which was completed in 1969. The Board of Governors and Senate of the University stated that the Faculty of Agriculture would remain at Macdonald and the Ministry of Education declared it was no longer interested in Macdonald as a site for a junior college.

Today the University, for reasons of economy, has proposed that the Faculty of Agriculture and its

School of Food Science as well as post-graduate students be transferred to the McGill Campus effective the start of the fall session in 1971. Everyone is aware that McGill has been running an operating deficit the last several years. The reason for closing the Macdonald Campus is to reduce the deficit to around 3½ millions a year, in the 1971 year, an amount that the provincial government is not prepared to cover by grants.

Naturally this is a blow for the Faculty and its hopes to expand its activities to cover the Environmental Sciences on the Macdonald Campus. Naturally it has a very disturbing effect on the 800 undergraduates and graduate students at Macdonald. It is also disturbing to the graduates of Macdonald

whose loyalty and financial support have provided a base for the College to maintain its close field ties with agriculture.

In my point of view, everyone who is in agriculture, either farmer, in agri-business, education or government will shiver a little at the neat rational with which one can easily dispatch agricultural problems in the guise of saving money to spend on things other than agriculture.

Here is but another example of how little society cares about tomorrow's food supply or tomorrow's polluted environment as long as they enjoy a comfortable spot today!

The agriculture community had better start realizing the interdependence of its many parts. Tomorrow it could be your part that gets the austerity axe.

Macdonald has served the Quebec community well. No part of McGill has rendered such service to the rural community of Eastern Canada. Macdonald has served the French speaking farmer of Quebec well in areas where government services were lacking. Recently, the Dairy Herd Analysis Service, the Land Use Planning Service are good examples of service programs developed from a mission-oriented research philosophy. To suggest this mission-oriented research is no longer needed from the University or that it can best be supplied by government is to deny the very facts of life regarding agricultural research and teaching.

Macdonald has many friends and the future of its campus depends in some measure on the effective representations these friends can make on Macdonald's behalf. Surely there must be at least one good alternative to a Faculty of Agriculture located on downtown's Sherbrooke Street.

Gordon C. Thomson

The University of McGill has tabled the report of a Task Force on the ways and means whereby the University can continue operating but under a much stricter budget. The problem arises quite naturally because of the pressure on the Quebec Government from the ultra-nationalists who want to reduce the effectiveness of this English-language institution of higher learning. To achieve these aims, McGill will suspend all inter-collegiate athletics and move the Macdonald College complex from Ste. Anne de Bellevue to the McGill Campus. Saying it is quite easy but moving the vast complex of agriculture from its rural setting

to a centre-of-the-city setting is sheer and utter nonsense.

Instead of moving Macdonald College into Montreal, I suggest McGill University sell its extremely valuable mid-city land and move McGill University to the site of Macdonald College. McGill is located on Sherbrooke Street in the very heart of Montreal. When the University was created, there was a lot of talk about how the institution would not attract students because it was too far out of town. The site chosen, you see, was something like half a mile from the water front and the roving bands of Indians might cause havoc or something, being so far from the centre of population.

Through succeeding generations of benefactors in the alumni, McGill became one of the most powerful universities in the world. It seems that every graduate of McGill in the 1800s turned out to be a genius at getting rich. When he died, he never forgot the old Alma Mater and the benefits that accrued to McGill in land, buildings, in cold, hard cash were substantial indeed. I do not have an accurate land holdings map but I would estimate that McGill University has something in excess of 100 acres in the very heart of Canada's largest and most congested metropolis. In addition to this property, McGill acquired many hundreds of acres from another old boy alumni, Hamilton Gault, whose Gault estate is one of the most spectacular pieces of real estate in North America. Now on the other hand, there is Macdonald College. It has hundreds of acres sown in various crops and massive livestock herds maintained by the College and used by the Faculty of Agriculture for studies. There are, however, still

more hundreds of untouched acres owned by Macdonald College, ergo McGill, in and around Mac grounds.

It is my contention that McGill University are going at this thing with blinders on their heads. They looked only for more money and not, as they should have, for a solution to the problem of the rising costs in higher education. At this moment in Montreal, the main campus excluding the buildings and not taking into account the stadium has a valuation to a real estate developer of nearly a billion dollars. Using that kind of money and land presently owned by McGill on the Macdonald College site, a most super university in the world could come forth. To move the Faculty of Agriculture from the fertile fields of Ste. Anne to the concrete jungle of downtown Montreal is a monstrous idea. The Task Force may be knowledgeable men but they sure as heck don't know a stand of wheat from a fire hydrant. Many of the great universities of the world are outside the major city influence . . . Harvard, Stanford, Oxford and Cambridge . . . they don't require asphalt pathways of modern automotive mayhem to create an atmosphere of learning. Why does McGill think it needs this environment and how do they equate agriculture with glass-block buildings and no fields of corn? Maybe they plan on growing the agriculture workshop sessions in window boxes.

Gordon Atkinson,
Farmer and Sportcaster

(These comments were made available to the Journal through the courtesy of C.B.C.'s "Radio Noon.")

MANPOWER

Is there a role for a University in manpower retraining? Staff members in both the Faculty of Agriculture and the Centre For Continuing Education have always been interested in extending knowledge relating to all aspects of agriculture. Not only to graduates but to any member of the community. In many cases with more concern and a sense of urgency to those who have earned their own special degree in farming by trial and error, or by information handed down from father to son or by using information received from a neighbour or friend. The assistance has been available to individuals and groups when the occasion or need arose. In the 1970s with increasing costs and limited resources this task is becoming more difficult. One of the several remaining methods that assistance can be given is through Manpower Training or Retraining Programs. The University can play a vital role in the area of specialized training. This role is in the training of instructors to teach or to assist in the teaching of manpower sponsored courses in local communities.

Federal Manpower Retraining programs are aimed at retraining an individual. This is done by arranging or offering the correct courses at a level to help people update or to re-educate. In many cases training has been concentrated at elementary or secondary school level to increase basic education. In other instances it has been aimed at training persons in specific areas of technical education. The federal assistance has been in the form of financial help. They provide money for provinces to arrange and administer training programs. Students who attend full-time training programs are also helped financially. The amount varies

according to a man's responsibilities: a single man who can live at home receives the smallest remuneration. An allowance is available on a weekly basis for those who must pay room and board while taking the course. Married men with a family receive more assistance. This money is used to provide for the family while the bread-winner is studying. This assistance is available to people for many kinds of training in all walks of life.

Today's producer of food has a specialized and ever changing task. The farmer of today must accept new technology and must also be prepared to reject new technology that will not benefit his enterprise. He must recognize his own problems as well as the problems of his industry. These problems range from planning, to production, to marketing, to community problems. The farmer must know what is happening, he must be a good business man, wise decisions must be made. There is no better way of helping many farmers than to give them an opportunity to take a manpower retraining course. This helps them improve their knowledge and their management abilities.

Courses for practising farmers were organized a couple of years ago by people responsible for adult education in various locations throughout Quebec. The Federal Manpower people were quick to cooperate and so were the people in the Department of Education in Quebec. The Department of Agriculture were also ready to help get this program underway. As soon as the courses were advertised, they were full. Courses were generally 6 hours per day, 5 days per week and lasted for 4, 8, 12 or 16



weeks. These courses were divided into 5 areas (1) Economic and Social (2) Farm Management (3) Soils & Crops (4) Animal Production and (5) Agricultural Engineering. Each section lasted 4 weeks.

The curriculum was drawn up and the courses were scheduled. It immediately became apparent that instructors were in short supply. The qualified teachers in agriculture were fully employed during the winter months. So were most other professional people in agriculture. Many persons did agree to instruct

RETRAINING

and were most cooperative. But the problem was becoming acute. More courses were to be organized, students were waiting to enter but instructors were very limited and in some areas there were none.

One of the first groups to become concerned was the Eastern Townships Regional School Board. Stan Rowe was Director of Adult Education and became vitally concerned about the shortage of instructors for the programs which he wanted to organize. He and several others phoned or wrote the Centre for Continuing Education at Macdonald College. Their requests were all the same — can you arrange for instructors to teach a block of 6 to 120 hours for us? The requests were many and in practically all cases the Faculty of Agriculture did not have staff available to travel the 50-150 miles to teach a full day or a full week. The other problem was, what do we teach? There was frequent overlapping of subjects, the course content was not always clear, and instructions were frequently misunderstood. If instructors were needed where could they be found.

Several people were convinced that some local farmers and other qualified persons could become instructors — if they had some training. With this idea in mind a proposal was made that Staff in the Centre For Continuing Education at Macdonald College, working with the Faculty of Agriculture, would coordinate a training program for potential instructors. After considerable discussion an agreement was reached. A course was to be offered with the objective of selecting a group of 20-30 persons and training them in specific subjects and in teaching techniques. These

men would in turn be available to teach courses organized in the local rural communities. The candidates were to be interviewed and selected by a team from Macdonald College. The arrangements were quite simple:

The Quebec Department of Education provided funds, approved the program and helped with organization.

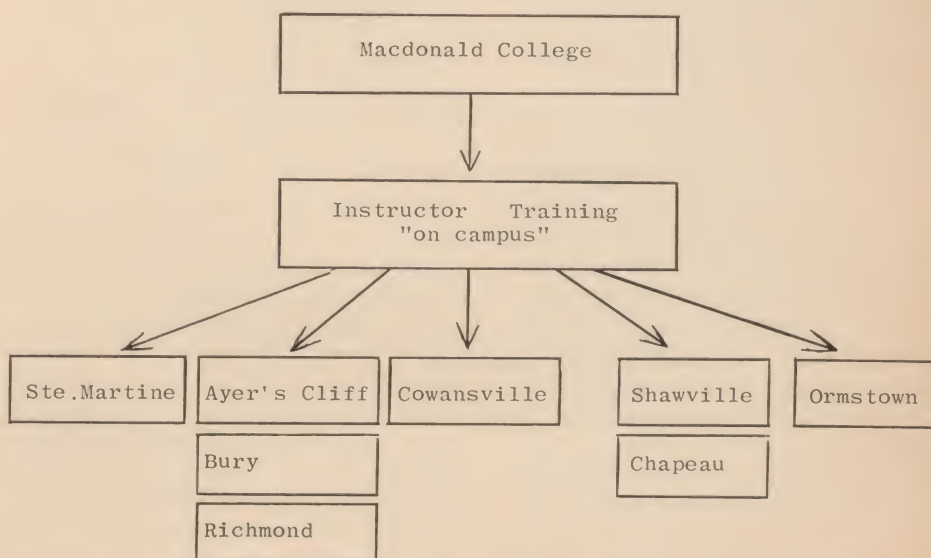
Canada Manpower helped financially and in selection of candidates.

Local Directors of Adult Education helped find and select candidates.

Staff at Macdonald College interview candidates, plan detailed course outline, arrange for all instructors, arrange for classroom space, arrange for living accommodations.

On October 14, 1968 the first group of 19 started the program. They were enthusiastic and interested in the program. They came from Shawville, Lachute, East Angus, Ormstown and other areas. One

man came from the Gaspé. The first course was on Animal Production — 11 of the men were dairy farmers, four were beef men, two were farm managers, one was an agronomist, and one was a retired dairy technician. Six of the group were graduates of a diploma course. These men knew the practical side of agriculture but came to the course with open minds and were willing to listen as well as contribute to the discussion. During these first four weeks instruction was given in the techniques of adult education. This was also carried for the remaining four weeks when the group studied Soils & Crops. The students prepared and presented papers to their classmates. These presentations were criticized and everyone became wiser and more confident as they considered the task ahead. They knew that in a few short weeks they would be "the teacher" facing a group of 20 farmers, and they realized the importance of this training program.



The techniques of adult education were taught by the Staff of the Centre For Continuing Education. The instruction for the majority of the Animal Production section was given by the Staff of the Department of Animal Science. Others from outside the College were also present to provide information in their specialized field. Several persons from agri-business were invited to speak to the group. People from outside the Agronomy & Soils Departments were also invited to speak to the group during the second four weeks of the course. The practice of inviting instructors from outside the University was continued for the courses offered in 1969 — it has proven very successful.

Not everyone was interested in the same specific subject. But everyone took the complete program. We thought it important that each person understood the complete package even if in future he would only teach a specific section. By doing this it would and did avoid unnecessary overlapping. Each individual was encouraged to select a section within a 120-hour program that was of specific interest to them. We thought that it was not desirable to have all the men teach the 120 hours; it seemed more reasonable for them to select a 20-30 hour part of the program, prepare their teaching materials, do their extra reading and then present this material to as many groups as was feasible.

In January, 1969, the first men were instructing. The men were given a chance to teach in several areas in the province, but the program was really tested in the Sherbrooke area. Mr. Stan Rowe, the Director of Adult Education, assigned these first graduates to teach in four classes. Each class was for 240 hours. The men each took a section of the course and taught this to each of the four classes. The instructors travelled from school to school. This system has been very satisfactory. We have tried to visit them and assist whenever possible. They have done well. They took the course outline and notes seriously, prepared their own particular section and taught

that section to the best of their ability. These men were readily accepted by the local farmers. A detailed evaluation indicated success beyond any doubt. There were minor scheduling problems but none as serious as some encountered earlier.

Here are a few quotes made by some of the men who took the courses from these trained instructors:

"I believe this was a very good course. It was much more than I expected. I think it is one of the best projects the government has financed. To me, this course will save me hundreds of dollars in the future. Anybody who doesn't get anything out of the course the answer can only be lack of interest."

"I have found the lectures very interesting, the subjects were well covered. As I was one who has never been able to attend a short course before of this kind, I found many things I'll be able to put into everyday practice on my farm."

"This has been a good course. The instructors have been very good. Sometimes I felt the discussion carried on a little too far but not often. I would be unable to attend steadily without pay as I have a family to support and without pay I would have to be in the woods. I would like another course like this. I now realize how little I knew of what I was trying to do with soils and crops."

"The notes were delivered late and it is important to have them after every lecture for remembering the subjects, specially the scientific subjects like soils, genetics. We are going to prove many ideas on our farm and we are thankful."

"The instructors are very well posted, and they understand our position with practical experience. I would not be able to attend the course if Manpower did not pay me."

The first year was so successful that a second eight-week course was arranged in 1969. The same system was used. Several of the same group returned. They now had some experience and were ready

to build upon that. Fortunately several French-speaking men joined the group and completed the course. They later were in great demand to instruct groups. In the fall of 1969, Laval University started a similar program to train instructors or monitors to help with local groups, their program was apparently also successful and well received.

The men who have taken these courses at Macdonald College have instructed a considerable number of hours in rural communities. No one presently knows the exact number, but I do know that during the winter of 1969 they instructed approximately 1,500 hours. In 1969, I expect it was about 1,700 hours. These two figures relate to hours of instruction in the English language. During the winter of 1969, at least 500 hours of instruction were given in French by the few men whose native language is French and who attended the 1969 course. The hours of instruction will no doubt increase because more courses are being offered this season. When we consider that for each hour of instruction the class was for 20 farmers — the impact can be considerable.

These instructors in several cases have greatly benefited from this experience. Some of them are now community leaders. All of them have indicated that it was a very useful experience.

This fall the third class will commence on November the second. There is every reason to believe that it will be successful. Instructors are still needed. This program has produced men capable of this task; they have done their part to improve the community.

I believe that the University should continue to be involved in training programs of this nature. It is a very effective method of disseminating information. When we consider the chain by which information is distributed in this program it makes me think that we need more programs of this nature.

Galen Driver,
Associate Director,
Centre for Continuing Education

The Family

Farm

Published in the interests
of the farmers of the province
by the Quebec Department of
Agriculture and Colonization

Department of Agriculture moves to new building

The Quebec department of Agriculture and Colonization has moved to a new building at 200 Chemin Ste-Foy in Quebec City. This move brings under one roof the services hitherto occupying building D at the parliament and others previously scattered elsewhere. The move, which was made at the end of August, was expected to cause some brief interruptions but steps were taken to minimize them. Most telephone numbers remain the same and calls to changed ones can easily be put through.

The minister, Mr. Normand Toupin, points out that the inconveniences of the move will prove to be slight compared to the advantages of centralization which will not, however, involve the 12 regional agricultural offices. He is confident that farmers and the general public will understand the situation.

The Quebec department of Agriculture was created in 1868, shortly after Confederation, and is thus one of the oldest ministries of the provincial government. Originally called the department of Agriculture and Public Works, it had jurisdiction in turn over agriculture, colonization, immigration, emigration and public works before becoming the department of Agriculture and Colonization in 1887.

It became a separate department of Agriculture in 1897 when it was detached from Colonization, which was then joined successively to Mines, Public Works, and finally to a ministry that also had jurisdiction over mines and fisheries. The creation of a department of mines

in 1930 led to further moves for Colonization — to the departments of Fish and Game, and then to autonomous status in 1941. Agriculture and Colonization continued to be separate till 1962 when they were recombined into a single department.

Many opportunities for Agricultural Technology Institute graduates

Twenty-eight percent of the 231 students who completed the course at Quebec's Institutes of Agricultural Technology at La Pocatière and St-Hyacinthe between 1965 and 1969 (inclusive) are now employed by the provincial and federal governments.

The Quebec government engaged 35, most of whom are with the department of Agriculture and Colonization — some as agricultural representatives attached to the department's regional or local offices and others as teachers at the Institutes, technicians at research stations, dairy inspectors, or soil analysts. A few went to the department of Tourism, Fish and Game and the department of Health.

Thirty were engaged by the federal government to work in the agricultural and health departments as research technicians or food inspectors.

Sixteen are working with the Dairy Herd Analysis Service of MacDonald College, McGill University; 9 have found employment at other Quebec universities; the Coopérative Fédérée has engaged 15; several are working for local agricultural cooperatives, mostly as livestock fieldmen; a considerable

number have been engaged by regional and local school commissions; some are employed by feed companies, breweries, family farms, millers, the U.C.C. federation and the technologists' association; a few are working in Ontario and Nova Scotia; and two who finished the course in 1969 decided to go to Senegal in Africa — one as a technical adviser for peanut growing and the other (a girl from Drummondville) as a social organizer.

Nearly \$8 Million Paid Out

The grants and subsidies section of the department of Agriculture and Colonization paid out \$7,971,100 under various assistance measures to Quebec farmers and settlers during the fiscal year ending March 31, 1970.

This sum included \$899,870 to farmers who had artesian wells drilled; \$180,000 in grants to land settlement societies ("Sociétés de Colonisation") and other organizations; \$160,010 for aid to farmers suffering heavy losses of cattle or sheep; \$158,240 for special aid for the purchase of dairy cows in hand-capped agricultural regions; and over \$119,000 to help farmers buy machines for spraying fruit, vegetables or weeds.

Other subsidies paid to farmers by the agricultural department included grants to buy purebred bulls and heifers; aid for beef-cattle raisers in northwest Quebec; assistance for the improvement of horse breeding and grants to buy purebred mares; assistance for buying and transporting certified or registered seed; prizes for better farming contests; and aid for erecting, repairing or enlarging farm buildings.



Agricultural Hydraulics Assistance Policy

This is a supplement to the tile drainage policy which came into effect on April 1, 1970.

A very large increase in subdrainage installation and a shortage of clay drainage tile have led to the use of new products. The Department of Agriculture and Colonization is, therefore, immediately implementing the clause of its drainage policy that provides for the use of plastic tubing. From now on and until trials now being conducted are completed, the only plastic product authorized (on what must meanwhile be considered as an experimental basis) is corrugated polyethylene pipe with an internal diameter of four inches, made in Quebec.

In these circumstances, of the four firms which are considering the possibility of manufacturing plastic pipe, only the Daymond Company Ltd. of St. Lazare meets the requirements of the Quebec Standards Bureau of the Department of Industry and Commerce and of the Hydraulics division of the Department of Agriculture and Colonization.

Farmers who find it impossible to obtain clay drainage tile may, therefore, use the plastic pipe manufactured in Quebec by Daymond Company Ltd. As in the case of clay tile, applicants for the Department's assistance are requested to submit bills showing the quantity, nature, quality and source of the pipe they have bought and the price paid for it.

Grain Corn Production in Quebec

Growing of corn for grain has so far made rapid headway in Quebec but still accounts for only a tiny fraction of North American production so that Quebec has to rely on the United States and Ontario for over 80 percent of its supplies, according to Mr. Maurice Hénault of the department of Agriculture and Colonization's Marketing service.

Reporting on the corn marketing situation in Quebec, Mr. Hénault puts Quebec's grain corn use in 1968 at 21,312,801 bushels. Of this

total, 78 percent came from the United States (which produces half of the world's crop), 10.1 percent from Ontario, and only 11.9 percent was grown in Quebec. In 1969, 66.5 percent of a total 20,714,518 bushels came from the United States, 16.6 percent from Ontario, and 16.9 percent from Quebec. Dominion Bureau of Statistics and Quebec Bureau of Statistics figures show that before 1968 nearly all the grain corn used in Quebec came from the U.S.

In 1961, total requirement by millers and distillers in Quebec was 7,325,163 bushels and in 1969 (with the addition of grain corn used on the farm) this rose to an estimated 20,714,518 bushels.

Millers provide the main market for grain corn in Quebec. They used 5,445,071 bushels in 1961 and 15,039,000 in 1969, mostly from the U.S. Distillers used 1,870,092 bushels in 1961 and 3,976,544 in 1969. Their requirements are fairly exacting; like the millers, they want

corn with a moisture content of not more than 14.5 percent. It must also be free from abnormal odours and some companies require it to have been dried at a temperature below 140°F.

At first, Quebec distillers obtained their supplies of grain corn from the U.S. Later they bought them mainly from Ontario. Recently they have been getting more and more from Quebec — 3.4 percent in 1967, 4 percent in 1968, and 11 percent in 1969. For use in distilleries, Quebec corn appears to be comparable in quality to Ontario corn and superior to that from the U.S. Distillers are, therefore, showing increasing interest in the production of grain corn in Quebec, in some cases even subsidizing farmers who are willing to try growing it. There is thus a considerable industrial market for the crop. Mr. Hénault believes that growers should be prepared to face certain inherent risks and meet market requirements as regards quantity and quality.

The growing of grain corn for feeding to livestock on the grower's farm has increased during the past three years. Apart from the traditional use of grain corn for feeding livestock, the use of ear corn to feed dairy cattle and of moist corn to feed pigs is developing promisingly.

Mrs. Marcel Bergeron and Estelle, of St-Prime in Roberval County, gathering broad beans (gourganes).



Over \$500,000 To Livestock Raisers in 1969

The department of Agriculture and Colonization paid out over half a million dollars in various grants to help Quebec farmers buy livestock or to compensate them partly for losses of certain animals in 1969, as follows: \$160,000 to help farmers who suffered serious losses of cattle or sheep; \$158,200 and

\$64,500 respectively to encourage purchase of dairy cows and purebred beef bulls in handicapped regions; \$61,000 in aid to beef cattle raisers in northwestern Quebec; and \$75,800 in grants to improve poultry and horse breeding stock and buy purebred mares, bulls and heifers.

Research at La Pocatière

The Provincial Agricultural Research Station at La Pocatière has, as one of its chief aims during the coming decade, investigations in fields which could provide solutions to farming problems of 1980, especially in the Lower St. Lawrence and Gaspé. As far as possible, the station also makes its livestock and facilities available to the Institute

of Agricultural Technology for the purpose of instructing students and farmers.

The station's field crop trials include five varieties of fodder corn with the object of finding one best suited to the Lower St. Lawrence climate, five varieties of reed canary-grass, and seven varieties of bird's-foot trefoil. The behaviour of three varieties of trefoil in mixtures with timothy, orchard-grass, brome, and reed canary-grass will also be studied.

The germinating power and quality of oats on the heavy soils of the Lower St. Lawrence and on land in the Gulf are being tested. Research on the effect on oats of climatic factors and mechanized farm improvement projects combined with different seeding dates is being continued.

Ten varieties of tomatoes are being tried for yield, date of maturity, and disease resistance in the region. Similar trials are also being made with sweet corn to find an early, better quality, high-yielding variety for the local market. Comparative trials of broad beans ("gourganes") and soybeans were begun this year in an attempt to find a substitute for the latter, which is a very risky crop to grow under weather conditions in the Lower St. Lawrence. Most of these trials will be continued into 1972.

The station's Ayrshire herd is used mainly for teaching purposes but also for progeny testing young bulls for the Artificial Insemination Centre at St. Hyacinthe and to provide farmers trying to improve their herds with good breeding stock.

The sheep flock is used for instructing students, farmers taking adult education courses, and technicians with diplomas who are specializing in sheep rearing. It also serves as a source of stock for four breeds which are lacking in good animals.

The herd of swine is used for teaching purposes and to provide breeders with good young stock.

The station has a poultry flock ranging from 2,500 to 5,000 birds, depending on the time of year. It is used entirely for the program to improve laying strains.



This Month with the

QWI

Most branches heard interesting and full reports from their representatives at the June Convention held at Macdonald College.

Argenteuil

Arundel: Saw two films on insects and flowers. No meeting in August. Brownsburg: No meeting in August but had an enjoyable picnic in July at a summer cottage at Lake Louisa with a program of fun and games. Members donated to the Sunshine and Cheer Committee. Dalesville-Louisa: Brought a friend or a neighbour as their roll call and saw slides of a young farmer's tour of eastern France. In August they took a bus trip, touring the site for the new airport at Ste. Scholastique and visiting the museum at Carillon. Frontier: Enjoyed a picnic meeting at a member's cottage at Lake MacDonald and in August entertained an Ontario branch at St. Mungo's Church hall, Cushing, where the Rev. Dr. Reid showed slides of Cape Breton and Newfoundland. Jerusalem-Bethany: Had a visit from their County President and answered roll call with posters on W.I. Planned a trip. Lakefield: Had a successful bake sale in July and gave a gift to a member who was leaving. In August they gave two gifts to daughters of members and discussed their 50th anniversary celebration. Pioneer: Answered roll call with "Let us take time to read the labels and live well" and enjoyed some games. They also planned a trip for August. Upper Lachute East End: Planned a trip and in August had a representative from the new International Airport office give a talk and show pictures.

Brome

Austin: Held a work meeting preparing for garden party which was held on August 7. They realized \$2,124. Sutton: Held a cake decorating contest, entertained senior citizens and planted flowers in planters at town hall and parking lot.

Chateauguy-Huntingdon

Aubrey-Riverfield: Forwarded \$22 toward expenses of ditty bags and a donation of used clothing was sent to Douglas Hospital. Publicity Convener, Mrs. F. Milne, read an item from the Ormstown Bulletin of August, 1920. This was an account of Mr. John Milne's trip to France and Belgium where he toured the battlefields in an attempt to locate the last resting place of his son, James, who enlisted in the 87th Grenadier Guards on November 22, 1915, and was killed the following year. Branch members were guests of Huntingdon W.I. at a picnic at a cottage on Moonlight Lake belonging to one of the members. The meeting was interesting and the description of the Passion Play at Oberammergau given by a Huntingdon member who had attended the play during her overseas trip in June was most enjoyable. How nice it was to visit another W.I. group. Douglas Hospital acknowledged with thanks the donations of used clothing and a collection was taken for the Save the Children Fund and for Ditty Bags. Dewitville: A donation was sent to Save the Children Fund. The Summer Fair in aid of the Girls Hockey Rink and County Girls Centre was well attended and netted \$100 profit. A party made up of 36 members, husbands, and friends had a very interesting

conducted tour of the Green Giant Canadian plant at Ste. Martine. Hemmingford: Mrs. J. Robertson gave a talk and showed slides of different places. As a follow up on the Bicycle Project sponsored by the W.I. in May, in which 42 boys and girls took part, two films were shown on bicycle safety. These were followed by a talk by Corporal Farrel of the RCMP of Hemmingford. Testing took place and certificates were given to the children. Huntingdon: Fourteen ditty bags were handed in. Mr. Allan Molyneau, First Aid Instructor in St. John Ambulance Corps, through the courtesy of Bell Canada, demonstrated artificial respiration with the aid of a dummy. The demonstration was followed by film on the many ways a block in one's breathing can occur rendering artificial respiration necessary. This branch also entertained the Aubrey-Riverfield W.I. at a picnic lunch at Moonlight Lake. A particularly good type of cucumber for eating and pickling was shown. Samples of a destructive pest, a white, spider-like insect, and the leaves affected were displayed. It was found that fruit, vegetables and maple trees were injured by these insects. Ormstown: Members entertained visitors on Grandmother's Day. A garden party was enjoyed at Mrs. John McKell's.

Compton

Brookbury: Plans and discussions were held re anniversary celebrations. Mrs. Lecours won first prize on the hat and scarf set at Macdonald. Bury: Dr. Robert spoke on fluoridation. Mrs. George Parsons won second prize on hooked chair seat cover at Macdonald. The proceeds from an

antique display were gratifying. Canterbury: Each convener gave a report followed by a discussion period. Seven ditty bags sent. Had the monthly drawing which is much enjoyed and held a silent auction.

Gaspé

Douglastown: Roll call was speak a sentence in French or pay a fine. All 14 members spoke French. Bingo played with \$260 realized. Quiz prize, a box of chocolates. Forty-five dollars was realized for W.I. funds from a bake sale. A W.I. pin was purchased for an elderly member who is ill. Gaspé: Seven members and a visitor from N.S. were present. Plans made for annual fair and also children's fair which is sponsored by the W.I. Letters were written to Council re pollution. Charter members received pins for their long and faithful service of 25 years. Wakeham: Fifteen members present. Sent 27 ditty bags to Save the Children Fund and 60 pounds of good used clothing to Unitarian Service. A discussion on safety rules and what to do about pollution followed. York: Fifteen members and two guests present. Held outdoor meeting at Haldiman Beach with bonfire and barbecue.

Gatineau

Aylmer: Fourteen members and two visitors present. Mrs. C. L. Corrigan became a new member. A warm welcome was given Mrs. Ada Routliffe, present for the first time since her long illness. Eight ditty bags sent to Canadian Save the Children Fund. Mrs. R. Ferris was congratulated upon her winning second prize for a skirt exhibited at the Convention. Miss Janet Reilly told of her visit to Canadian Citizenship Court. Mrs. E. Lusk gave a timely and interesting talk on "This is Japan Today" and on Expo in Osaka, with maps, pictures and brochures. Eardley: Eleven members and one guest attended meeting. Held a variety night and raised \$82 for Children's Hospital, Ottawa. Rupert: This was Agriculture Night. A paper read, "Road Side Window" and a poem "The Farmers." Bought a new pump for the cemetery, painted fence and planted flowers. Wright: Six ditty bags sent to Save the Children Fund.

Shut-ins remembered. All members enjoyed a buffet supper, served by Mrs. E. Lachapelle.

Megantic

Inverness: July roll call was name foods better avoided in our daily diet. August meeting held at the home of Mrs. Harry Little in Bulwer. Discussed the county school fair. Made plans to celebrate 50th anniversary of the branch in October. Also planned for a card party in October. Donated money to Horticultural Society. Kinnear's Mills: Roll call was give a recipe for a good dessert for the warm weather. Jointly both groups heard a good report from County President, Mrs. Weston Graham, on the Convention. Branch contributed to a wreath upon the death of a member's mother. Donated money to Horticultural Society.

Missisquoi

Cowansville: A donation was made to the local high school to provide hot lunches for indigent pupils. Talks were given on the rooting of shrub slips, the future of education, and the increasing cost of consumer goods. Gifts and cards were sent to members who are ill or are moving away. Dunham: A donation of \$35 was made to the hot lunch fund of the Heroes Memorial Elementary School. A crocheted afghan, made by the members, was displayed and books of tickets for sale were given out. Plans were made for a visit to the County Museum in August. Fordyce: Entertained two other branches. Celebrated the 90th birthday of Mrs. Hooper, the first president of this branch, and presented her with a gift. Enjoyed a contest of jumbled names of Canadian cities. Stanbridge East: Mrs. Alice George displayed the lovely shawl that she has received from the Abbie Pritchard Fund and thanked the members for submitting her name as a worthy recipient. The study of Quebec was continued by naming a beauty spot in Missisquoi County. A donation was made to the Massey-Vanier High School for hot lunches for indigent pupils. Their next meeting took the form of a picnic held on the lawn of the President, Mrs. Rhicard. After

a short business session, games and a contest were enjoyed. Hamburgers, punch and ice cream were served. Cheer baskets were sent to three members who are in hospital.

Pontiac

Clarendon: Sent \$10 to the Brookdale Home for the support of underprivileged children there. Fruit boxes, flowers and cards were sent to sick members. A letter from Mrs. Marks was read thanking the Institute members for books, magazines, and sewing done for the Shawville Hospital. A thank you for sending 11 ditty bags to Save the Children was read. Mrs. Murray, head nurse at the Ade Hospital, gave a very enlightened talk on the work being done there. It was decided that our Institute members make a visit there every two weeks. Collection for the Shawville Women's tea room at the Shawville Fair was taken up.

Richmond

Cleveland: Basket design quilt donated to branch for a drawing. Held auction of donated material. Offered school prizes to Grade VI, also prizes to Richmond Fair. Held a jewellery demonstration. Denison Mills: Conveners items included a poem, wheat porridge, the Ten Commandments of Human Relations, Newsprint is one of Canada's foremost industries. An article was read on the first pulp and paper mill in Quebec. Contest held on the most attractive ditty bag. Prize won by Mrs. Hannan. Afghan won first prize at Richmond Fair. Proceeds from Mystery Parcel drawing goes towards Sunshine Fund. A member who is retiring to the Wales Homes as a resident was given a gift of a coat sweater. Members from the Spooner Pond branch, including Mrs. V. R. Beattie, were invited guests. Mrs. Beattie gave a talk and explained the Quebec Extension Fund and how the fund is used. Mrs. Beattie also judged a contest on bouquets of flowers brought in from members' gardens. These bouquets, with other articles from a large sales table, were auctioned off and a good sum was added to the funds. Gore: An unusual roll call — give grandmother's name and place of birth.

Demonstrations given on flower arrangements. Eighteen ditty bags filled. Bed socks and 990 cancer squares made. One new member. Get well cards and flowers sent to members. Plans made for the 50th anniversary. Melbourne Ridge: Minute of silence was observed for the late Mrs. E. H. Nelson, a charter and Life Member of the W.I. Guests were Spooner Pond. Donated \$25 to the Sherbrooke Hospital. Committee for school formed. Article read "Too Much on the Menu." Pennies for Friendship were collected. Richmond Hill: A sale of garden produce and cupboard supplies raised money for Pennies for Friendship. Sent out get well cards and an anniversary card. Quilt given to a needy family. Prize for the best article made out of one yard of cotton was won by Elaine Manson for luncheon cloth. Two quilts tied, one to go to a fire victim family. Eight guests welcomed. Plans made for a shower for a bride-to-be. Richmond Young Women: Each member brought a wrapped article to be auctioned for Pennies for Friendship. Item read on Princess Anne's visit to the centennial celebrations of the Northwest Territories and Manitoba. Items read from Federated News. Mrs. R. Lancaster gave a demonstration on making honey, using rose petals and clover blossoms. Spooner Pond: Twenty members answered roll call. Warm congratulations and a corsage was presented to Mrs. V. R. Beattie, Provincial President. We are proud to have her in our branch. Fifteen ditty bags filled and dispatched. Spooner Pond received 3rd prize for slides in Tweedsmuir Competition. Mrs. Daisy Coddington tied for 3rd place for place mats embroidered in Coates Competition. Mrs. Wilfred Lancaster won 3rd prize for Scarf and Hat set in Provincial Contest. Held annual picnic in August at the home of Mrs. W. Parks. Members' children, guests and friends attended. Prizes were awarded to all those who participated in the races. A picnic lunch with tea, coffee, ice cream and soft drinks brought an enjoyable day to a close. A drawing on an afghan was also held.

Rouville

Abbotsford: Members attended an exhibit of handicrafts done by the local Cercle des Fermieres. It was most interesting. Also heard a report from members who had attended a banquet in honour of Cercle des Fermieres. Spent a delightful day at a lake. Twelve ditty bags were filled and sent to the Save the Children Fund. This branch was pleased to learn that Mrs. M. Honey had won a prize on her crewel work.

Quebec

Valcartier: Mrs. Norman Montgomery, a shut-in, was pleased and surprised to receive a beautiful mohair throw from the Abbie Pritchard Fund. Fifteen members present and one visitor. The treasurer reported \$143 clear from "Dominion Day" day. Received letter of thanks for sending 16 ditty bags. Project — plans to enlarge barbecue pit for Labour Day picnic. Gift given to a little boy who had a broken ankle.

Shefford

Granby Hill: An interesting roll call was if you could make a law, what would it be? Several members visited museum at Stanbridge East, then paid a visit, on invitation, to the Fordyce Corner Institute. The annual Institute picnic was held on July 4 with about 60 people attending. In August each member brought a small gift and after the meeting played bingo. Waterloo-Warden: July meeting included articles read on children off to camp, 42 agriculture shows will be held in Quebec this year, Mrs. Worster of Sherbrooke, age 97 years, whose hobby is making scrapbooks for institutions. Made 12 ditty bags. August news: articles read re Mr. and Mrs. Oliver Watt of Port Daniel on the Family Forum, Mary MacLennan wins a diploma by using her feet, big school opens as the small closes the taxes you pay, how a car took 4½ hours to drive from Groveton, N.H. to Derby Line 50 years ago. White Elephant Sale netted \$10.90.

Sherbrooke

Ascot: Held a meeting at Grace Christian Home. A tea time salad supper was served by the ladies of the W.I. County President,

Mrs. G. E. Cascadden, was guest at this meeting. Members were pleased to hear that Ascot branch won first for History of Ascot, Provincial level. Belvedere: An auction sale of home cooking was held. Ten ditty bags were sent to Save the Children Fund. Brompton Road: Held a peanut butter cookie contest with two prizes. Cookies later auctioned. Project activity: Articles were brought in for fair booth. Citizenship Convener sent in a summary of the Royal Visit, complete with clippings and pictures. Lennoxville: Mr. Cameron Rogers, of the Galt Regional School, was guest speaker. His topic was the several forms of pollution. This very urgent and thoughtful talk was most interesting to both members and visitors. The next generation will not be able to live a good healthy life unless something is done to clean up pollution now. An article was also read stating that 50 percent of all diseases were caused by some form of pollution. Milby: Collected \$5 for Pennies for Friendship.

Stanstead:

Beebe: The branch voted a donation to the Border Swim Project. Heard a talk on detergents and water pollution by Mrs. Warren Current. Served coffee and doughnuts at Red Cross Blood Donors' Clinic. For their summer outing, members had dinner together at the Cabana Motel in Magog. Stanstead North: Enjoyed a picnic at the summer cottage of one of the members.

Q.W.I. NEWS

Sherbrooke County Meeting

The August County Meeting was held in the W. I. Club room in Lennoxville with Belvedere W.I. ladies as hostesses. Mrs. G. Cascadden, County President, presided and the Collect and salute to the flag were repeated in unison. The minutes of the Annual County meeting were read by Mrs. N. Tracy, County Secretary. She stated that there are 118 members and five branches in this county. All branches are members of C.A.C. Sherbrooke County contributed 100 percent to Service Fund.

This year the Quebec Government gave \$50 to each county W.I. and contributes generously to keeping a Provincial W.I. office at Macdonald College with Secretary, Mrs. Burgess, there two days weekly.

The question of a County Project is to be discussed further in the branches. Mrs. Robert Sutor will chair the committee for the float in the Optimist Parade. All branches will take part and the theme will be chosen by the Committee with one member from each branch.

The Treasurer, Mrs. Robert Sutor, read her report showing seeds (\$6) purchased for school fair. Honourariums were paid Secretary and Treasurer. Bank balance at present is \$207.82. Roll Call showed following representation: Ascot, five; Belvedere, five; Brompton Road, three; Lennoxville, seven and Milby, four.

Mrs. G. Westman, Agriculture Convener, reported that preparations are being made for the school fair and asked for helpers.

Citizenship Convener, Miss Edna Smith, read "Recipe for Living". This was much enjoyed. Miss Smith was congratulated on her election as Provincial 2nd Vice President. In Education, Convener Mrs. A. Sutor mentioned the book sale in Lennoxville in November sponsored by the University Women's Club. Home Economics Convener, Mrs. H. Robertson, had arranged the days that each branch would serve at the fair booth at the Sherbrooke Exhibition.

Members were reminded of our senior member's birthday, August 13. Ditty bags will be forwarded to new address: 1117 Ste. Catherine Street West, Montreal 321. Telephone 288-9838. Publicity reports go to Miss H. Graham, Provincial Publicity Convener, Bristol, Quebec. Next meeting will be November 14, Lennoxville W.I. will be hostesses. Following adjournment, a delicious tea was served by the Belvedere hostesses.

Citizenship Report

After a short business meeting, members of the Lennoxville branch entertained the senior citizens of the Grace Christian Home. Under the direction of Miss K. Atto, the following program was presented by some local children: Accordion solo by Brenda Williams; two piano solos by Janet Vaudry and Susan Parker. Young people performed Scottish dances under the direction of Miss Pat Johnson of Lennoxville. Following this, a sing song of familiar hymns was held with Mrs. Lewis Eager at the piano.

Again this Hallowe'en collections will be made for UNICEF. Pictured below are families from an Indonesian village working in a paddy centre stacking the harvest. Organizations such as UNICEF and FAO are helping them to improve their farming methods.



The Last Word

Today we live in a fast-moving world doing so many things that we scarcely have time to enjoy any of them. Deadlines are continuously facing us. All this rush and challenge builds up tension, and tension is to us what brakes are to a car. This tension not only slows us down but impairs our skills and dulls our appreciation.

Tension is excess effort: trying too hard to do things that should come automatically. It causes muscles to contract and jam. Remember the first attempt you made to speak in public? You were making your best effort to use the correct words and nervousness took hold of you and you became tongue-tied.

If we are to relax, we must first learn to recognize tension. To do this then we must produce more tension in our muscles. Don't try to relax! Consciously tense a particular muscle; then stop. The muscle will gradually relax automatically if not interfered with.

Watch the muscles of your brow and forehead for their are important ones indeed. Is it not here that signs of anxiety and confusion are reflected? Try an experiment of completely relaxing your brow and I'm sure you will find that it is almost impossible to feel worried. The next problem that besets you, take it with you to the nearest mirror until you have watched all facial muscles relax. I'm sure you will find that it will become more of a molehill rather than a mountain.

In almost everything we do or feel our hands are involved. They are the main executive instruments of our body. Have you not at some time thrown up your hands when

you felt that something you were trying to do was an impossibility? Have you not at some time, too, been so angry that you shook your fist? Have you never been to a meeting when something irritated you so that you could feel every muscle in your hands tighten? Any of these signals of tension should be to you a danger sign, like the red light on your car dash which we would check automatically. But are we as careful with the human machine? Our trouble is maybe much less simple than that of the car — we are travelling with the brakes on. Relax your hands and you will find that you will act more rationally and be better able to master the situation.

If you anticipate a blow in the pit of the stomach, instinctively your abdominal muscles will go on the defensive. The brain receives defensive messages from the abdominal muscles and this keeps you feeling insecure. You have set up another vicious circle. Stop. This circle must be broken. First relax your abdomen. Don't worsen the situation by trying to control your anxieties mentally; but you must control your key muscles.

Mid-morning and mid-afternoon are good checking times. Sit down in a most comfortable, relaxing position or, if possible, lie on your back with your arms at your sides. Check these key points for tension: brow, jaw, hands and abdomen. Tighten each and then let go, and feel the muscles gradually relax on their own.

You say you have something on your chest? Check your breathing control which is for toning down the degree of excitement throughout

the entire body. I'm sure you have often said, "Now I can breathe easier." The best advice is to set your controls to breathe easier in the first place then you won't get so tense.

Have you checked your speed control? Hurry is probably one of the greatest causes of tension. Whenever you feel a sense of hurry, deliberately slow down. Each of us have a built-in mechanism for pace or tempo; so let us not allow external things and situations to set our pace.

We are all aware that this is a competitive world in which we live. We have many problems to face. How wonderful if we would accept the philosophy of the elderly man who was chopping down a tree, which was to be the start of his new log cabin, when a passer-by said, "Isn't that too big an undertaking for a man of your age?" "It would be," the old man answered, "If I looked beyond the chopping of the tree. Carrying the load all at once, of sawing the logs laying the foundation, erecting the walls and putting on the roof would exhaust me, but it isn't much of a job to cut down a little tree, and that is my undertaking at the present moment."

Let us face one problem at a time, then relax so that we will be ready to meet the next. In life we must have a clearly thought out goal in mind, but let us not allow unnecessary tensions impede us reaching this. Remember you must be at the controls and must see that you are not travelling with the brakes on.

Mrs. George McGibbon,
Past-President, Q.W.I.



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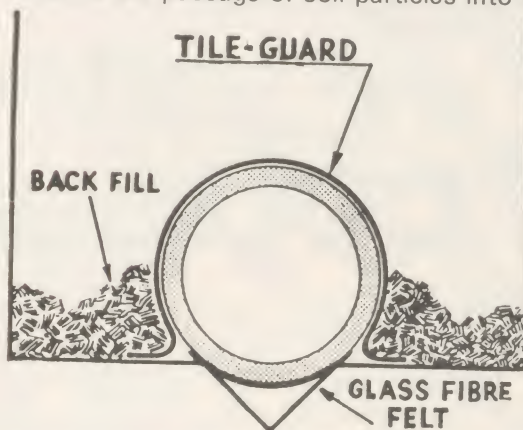
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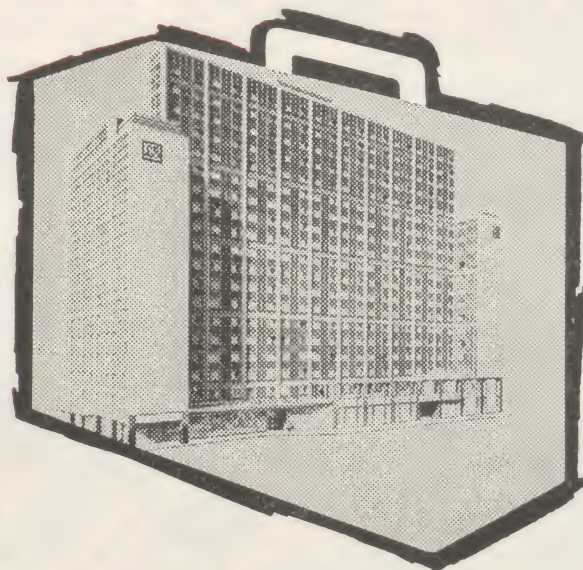
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